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MYTH OR REALITY?

Effective Health Care For All

By Dr. GEORGE JOSEPH
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All India Institute of Medical Sciences

THE constitutions and philosophies of the world jointly affirm that the state has a moral responsibility to ensure and facilitate the enjoyment of healthful living by its people. Health therefore becomes a fundamental and inalienable right of man. This concept should not be taken to mean that health is a mass-manufactured commodity in the public sector to be doled out to the consumers irrespective of their responsibility or awareness. This social distancing and mystification of modern medicine has reinforced the superstition that the layman can have nothing to do with it except being its consumer. It is a welcome change that this accredited dogma is being questioned. It is in this context that the concept of "Effective Health Care for all" demands attention.

NO EXCUSES

Conventional methodology and strategy of health care were a far cry from social justice and therefore hardly effective for all. If we keep the concept of positive health in mind we will at once discern that this health care had but negligible genuine success even with the tiny handful of urban individuals at whose disposal its technology always lay. For decades the teeming rural multitudes groped in the darkness of ignorance and neglect. It was easy to put the blame on inadequate doctor-population ratio, resource constraints pertaining to material and man-power, and paucity of research findings which, many are inclined to believe, would save the day. Let us for once forgo the comfort of excuses and frankly admit that none of the factors enlisted above can save millions of children from the blight of protein-calorie malnutrition, neither can they rush to the rescue of those who, due to vitamin 'A' deficiency in the diet are forfeiting the supreme benediction of eye-sight, nor the welfare of the mother and the child born and yet to be born. Yet it is here, that the battle is either lost or won. To take a single instance, if modern medicine in its present approach has not effective answers to the challenge of the three commonest killers of children namely, malnutrition diarrhoeas and pneumonias, evidently the answers for the questions raised by the concept of 'effective health care for all' has to be sought outside clinical confines.

HEALTH EDUCATION

In a country of India's size and socio-cultural diversity as well as the limitations of a developing economy, an effective health care strategy entails at least a partial transfer of responsibility for health to the people. During the past 25 years of experimentation, this was neither emphasised nor achieved. Nothing less than a radical break with the past in this regard can usher in a health care strategy based on social justice

It may be asked, and asked rightly, if Indias' masses in their present state of education and the general awareness can be called upon to share this responsibility for health. But it should not lead us to the conclusion that the people of India, the vast majority of them, are not amenable to education and are immune to enlightenment. It looks imperative and desirable to in-

(Contd. on page 7)

Words To Remember

Addressing the North Eastern Region Women's Conference at Jawaharnagar (Gauhati) the Prime Minister said the movement for the emancipation of women in India was not directed against men.

It was aimed at utilising the vast untapped talent of half the population of the country. "If we ignore this talent, the country would be poorer."

Despite the fact that India had a woman Prime Minister, two women General Secretaries of the Congress and as many women Chief Ministers, the progress made in this regard was not much.

Let alone the question of ensuring their adequate participation in various spheres at the national level, this had not been attempted by the Congress even at the organisational level.

Whenever there were elections, the party remembered women to compaign for it, but once the elections were over the organisation felt though their existence was all right, they make "too much of noise." This attitude to women was not correct.

While this situation had to be corrected, it should be remembered that real opportunity did not lie in holding important positions, but in being a good and successful worker.

Women of India were today occupying an important position in society because Mahatma Gandhi realised that his non-violent movement could not succeed if half the population was left out. He wanted them to take an active part in the independence struggle or atleast to encourage their menfolk to do so. Women rose to the occasion and proved they were behind none in the independence movement.

Efforts were now being made to take India to the chosen goal of a strong nation in which all sections of the people could progress and live with dignity.

The country's goal was not confined to the establishment of socialism, democracy, and secularism but these were the pillars on which a new India had to be built.

All forms of superstitions and evil customs that stood in the way of progress had to be fought. Some of these customs might have served a purpose in the past but once they outlined it, they had to be discarded.

India had to keep pace with the advanced countries of the world though it would do so by pursuing a path suited to its genius. In determining the course of India's development, its specific social, economic and political problems had to be taken into consideration.

It was always better to have such programmes as could be implemented immediately and for which responsibilities could be easily fixed.

The Congress should see what facilities it could provide to women discharging their duties. It should not only pay attention to those who gave a vociferous expression to their demands but also to those who worked quietly.

THUS SPAKE THE MAHATMA

Perfection is the exclusive attribute of God and it is undescribable, untranslatable.

ASOKA SCENTED BETEL NUT POWDER

Free India

SUNDAY Dec. 12, 1976

COLLECTOR'S ROLE

The important role of the district collector in implementing the new socio-economic programme has been rightly stressed by the centre in its advice to the States on administrative reforms.

It has been found that in recent times, a gradual erosion in the authority of the district collector has taken place.

Doubts were entertained in certain quarters if the present bureaucratic set up would be equal to the task of implementing the rural-oriented 20-point programme.

The new attempt to streamline the administration with a view to decentralise decision-making to the district and lower level officials is quite welcome.

The district collectors are to be selected from among senior officers with six to eight years service and during this period they are expected to acquire a "minimum experience in planning and other sectors like civil supplies, irrigation, industry health and family planning, agriculture and education".

The patterns of administration are frequently changing and it is necessary to familiarise at least the decision-making top officers to brush up their experiences with newer theories of administration.

In America even old and experienced doctors (even those aged over 65 with the record of delivering 3000 babies and removing 1000 appendixes) are asked to take a written test "to prove that he still knows how to do his job."

Public administration has become an equally skilled job and frequent testing of capacities has also become necessary to weed out not only the corrupt but also the inefficient.

Subscriber Trunk Dialling In India

K. SWAMINATHAN
General Manager, Madras Telephones.

For my friends in the medical profession, STD may mean Sexually Transmitted Diseases. A gourmet may swear that it stands for a Specially Tasty Dosai. My little nephew at home who has a specially sweet tooth will quarrel with me if I say it stands for anything other than 'Sweets and Toffees Delicious'. Specially for an irate subscriber, it can represent 'Subscriber Totally Dissatisfied'. But for an Indian Telecommunication Engineer, STD means only one thing, that is Subscriber Trunk Dialling.

Before the STD was introduced between Kanpur and Lucknow in the Indian Telephone network for the first time in the sixties, all the trunk calls between various towns in the country were put through by operators. Improvements in handling such manually connected trunk calls were being effected from time to time, to reduce the non-productive time of the circuits, thereby increasing the number of calls that can be put through. These steps produced some reduction in the delays in the completion of trunk calls. But with an almost explosive growth of telephones in the country–their number grew from about 1 lakh in 1947 to about 18 lakhs today–the number of trunk calls also shot up tremendously.

First Trunk Automatic exchange was installed in Madras. In the first instance, Bangalore and Coimbatore were connected to this exchange and it was possible to dial between any of these three stations, i.e. Madras, Bangalore and Coimbatore. Subsequently, TAX's were installed in Bombay, Calcutta, Delhi and Kanpur and these have been interconnected making it possible for the stations connected to any of these TAXs, dialling to any other station similarly connected to the net work. The trunk traffic grew so fast that the capacity of the TAXs soon became inadequate to handle the traffic. Hence the STD system.

COMPLAINTS

We get a number of complaints in a year about "likely excess metering". The suspicion of many subscribers, who believe that they got bills for calls which they did not make, is based on their fear that their meter has been used for recording STD calls made from some other telephone. An exclusive meter is associated with each subscriber and forms a part of the individual equipment of his line in the exchange. It would need tremendous efforts for someone to make alterations and that too for a temporary period to see that the STD calls from one subscriber is charged to another.

Even though bills are sent once in a quarter, readings on every subscriber's meter are taken every fornight, so that any unusual spurt will come to notice. All meters are tested once in a month to see that they step up correctly and only under the right conditions.

There have been frequent enquiries from subscribers about the installation of a telephone meter in their premises to remove any misgivings in their minds, about their having been charged for something which is not due. But the provision of meters in the subscribers' premises will have to be feasible and possible.

Efforts are under way to develop a meter which can be fitted in the subscribers premises. It is not that the telephone administration is not keen or not interested in providing the subscribers meters but simply that the problem is so complex and difficult that it cannot be solved in a hurry.

Many of the subscribers making complaints on likely excess metering base their conclusions on two specific points. One is that the number of calls charged on the telephone in a particular quarter is much more than what was charged in a number of earlier quarters. The other point is that the telephone has been kept under lock and key and no STD calls have been made or all the STD calls made have been suitably timed and accounted for. The utilisation of any equipment like the telephone is not likely to eb uniform over a day, week or month. There are bound to be periods of high and low activities. One has to look for unusual spurts by comparing the calls made during shorter durations. Comparison of calls made in a large number of fortnights must reveal any

(Contd. on page 7)

The Post and Telegraph Week will be celebrated throughout the country from December 13 to 19.

A Few Hints to Telephone Subscribers

1. When you make an STD call or as a matter of fact any call, watch after every digit for information given by the exchange equipment. You may get a busy tone even after you have dialled only some of the digits. This would mean the exchange is not able to proceed with the call. You may get a dial tone after dialling a few digits. This means that the equipment has not comprehended your instructions fully. In both cases, please disconnect and dial afresh after a few seconds.

2. When you complete an STD call, please make sure that you replace the receiver properly on the hook. As a matter of fact, it may be worthwhile to check up whether the disconnection is pucca by removing the receiver again and looking for the dial tone. If this is not present, complain to the appropriate number.

3. Please remember that when you make an STD call to a PBX/PABX extension, metering starts from the moment, the PBX/PABX operator answers.

4. Kindly make sure of the number you want before you start dialling especially for STD calls.

5. Please ensure that no person except those authorised by you use your phone for making STD calls.

Importance Of Small Family

Dr. (Smt.) PHAL RENU GUHA

The progress of a country is ascertained from the standard of living of common people and level of literacy. In India both are on the low side. However, India is earnestly aiming at establishing a democratic socialist state and, in order to attain that goal, our Prime Minister has called to work for "Gabibi Hatao". She has further given a call to implem nt the 20 point programme. This call is certainly a concrete step towards eradication of poverty and improving the standard of living of the common folk.

The family is the primary unit of any society and it is the society for which the whole state functions. Thus, the stability of a state is primarily dependent upon a stabilised social structure which again only healthy and contended families can buil up. To have a healthy society and a strong nation, a happy family life is the basic requirement. This is the objective of all great nation-builders.

In a happy family children get scope to grow up in a finer and brighter atmosphere, congenial to their healthy development, and can enjoy more benefits from their parent's income. These children also get the privileges of being the centre of their parent's attention.

It is an accepted fact today that, to bring up a child, not only money but parental attention and affection are very much needed. A large number of children means more mouths to feed which implies heavier pressure on the family's pecuniary condition. The amenities which parents can afford for a small number of children can hardly be extended to a large number of children. Besides meterial amenities, such children are often deprived of proper parental attention and this deprivation is destined to make a child feel unsatisfied about his basic needs.

It is however not acceptable that the parents of more children are less affectionate to their children. As the limited time and energy of the parents need be divided and distributed among many children, the share of each child in the outward expression of parental affection and attention becomes less.

The case was very different in the joint family structure of the social system. In a joint family a child hardly belonged to his parents only. Grandmas, uncles and aunties had a vital role to play in the developmental progress of a child. A child used to get full attention, affection and also guidance from those people. The system now is however very different. A family now consists of husband and wife. Sometimes aged parents, school going or unemployed brothers and sisters are included in the family structure. Generally younger brother and sisters either have no time or no mental preparation to look after young children. Parents are also often too old to take proper care of a child. Children are therefore mostly dependent on their parents demanding maximum affection and attention from them.

Deprivation of proper parental care and attention often makes a child feel neglected. This feeling of neglect and dissatisfaction, as referred to earlier, has a repurcussion on the personality and development of a child. In latter life, these inner feelings may lead one to criminal and nefarions activities, mental maladjustment, moral degradation and destructive attitude towards life.

The problem of over population is causing a serious alarm to the economy and welfare of our country. The economists and plan makers of the country are disturbed by the uncontrolled growth of population which directly tells upon our National income. Whatever may be the index of our growth of production today, it will prove to be negligible after some period due to over population. Uncontrolled population growth will lead to downward trend in course of development. The problems of sanitation and communication are also alarmingly serious.

Over population causes a good deal of hindrance to administration also. It is not possible for the poor, illiterate people of India to understand or have communication with the people in the administration. These common folk, burdened with their daily life existence, should be rightly approached and made aware of uncontrolled population or over population. The approach should be made from their family-life point of view bearing it in mind that healthy and happy families are the strong pillars of a strong nation. Sometimes the workers in this field are faced with a protest from the peasants of our country. In their opinion, many

Contd. on page 7

Time is precious. The watch makes one time conscious. Till some time back we were depending on foreign countries for our need of watches. Now we have good quality watches made in India in different shapes and designs. The HMT Watch unit makes highly sophisticated day and date and automatic watches in India. The vital parts of a wrist watch such as the jewels, main springs and shock-proof systems are manufactured in our country. As there is a great demand for India made watches abroad a plan to increase the annual production by about 20 lakh watches has been initiated.

FUN AND LAUGHTER

THE SCOT

"Stand behind your lover, false woman," thundered the Scotsman who found his wife in another man's arms. "I'm going to shoot you both."

* * *

GOOD RIDDANCE

"I'm thinking of getting married."

"Who's the lucky woman?"

"Her mother."

* * *

THE DIFFERENCE

Father: "Now do you understand the difference between a king and a president?"

Son: "Yes, a king is the son of his father, but a president is not."

* * *

THE GUEST

Bore: "That's a strange clock in the hall"

"Host: "Yes, we call it "the Guest.'"

"Why?"

"It won't go."

* * *

ALREADY THERE

"I never take my trouble home with me from the office."

"I don't have to either; mines also usually there at home waiting for me."

EYE WASH

"I scribbled a few notes for a speech," said a councillor, "and left them by mistake at the chemist's."

"Ah and he made them up as eyewash?"

* * *

NON-SENSE

"I'm ashamed of you. Ruth," said the aunt to her comely niece. "I saw that Frenchman kissing you in the hall. Why didn't you stop him?"

"I couldn't" replied Ruth, blushing. "I don't speak French."

* * *

NO MELBA!

"Professor," asked the hopeful singer, "do you think I shall ever be able to do anything with my voice?"

"Well, it might come to handy in case of fire."

* * *

OH, YES: ANYTHING

"Can I borrow your lawn mower this evening?"

"Sorry, but I shall be using it to trim the hedge."

"But you can't trim a hedge with a lawn mower?"

"You can do anything with a lawn mower if you don't want to lend it."

TRUE

Husband: "From the glimpse I had of her this morning, I rather like our new cook. There seems to be plenty of go about her."

Wife: "Yes, she's gone."

* * *

THE CHEAPER WAY

A Chicago actress entered a lawyer's office and said. "I want a divorce."

"Certainly," said the lawyer. "For a nominal fee I will institute proceedings."

"What is a nominal fee?"

"Five hundred dollars."

"Nothing doing." retorted the actress. "I can have him shot for ten."

* * *

AWKWARD

Speaker on the telephone at 8 p.m.: "This is an awkward time. Are you in the middle of your dinner?"

Listener: "No, my dinner is now in the middle of me."

* * *

HE REMEMBERED

A customer was sitting in a barber's chair when a man burst into the shop shouting: "Hi! Mr. Smith's house is on fire!"

The customer shot out of the chair, dashed for the door, and ran like a hare up the street. After a time he stopped suddenly. "Gosh!" he gasped, "my name isn't Smith!"

MIDNIGHT DIALOGUE

"George," cried his wife, shaking him in the middle of the night, 'there's a mouse in the bedroom!'.

"Well, what about it?"

"I can hear it sque a king."

"Well, d'you want me to get up and oil it?"

* * *

SURPRISE

Bride: "Men are brutes. My husband promised me a surprise if I learnt to cook, so I took lessons."

Friend: "How thrilling! What was the surprise?"

"He dismissed our cook."

* * *

"Any surprises among your birthday presents?"

"Yes—Wilson gave me a book I lent to Brown six months ago."

* * *

"A fool and his money are soon parted."

"Who got yours?"

* * *

IMPERTINENCE

"Did the photographers send your pictures yet, grandma?" asked the grandson.

"Yes, but I sent them back," said the old lady in disgust.

"But why did you do that?" the grandson inquired.

"I'll have none of his impertinence!" snorted grandma. "On the back of each photo that brazen young man had stamped: The original of this is carefully preserved!"

* * *

BRIGHT IDEA

Patient: "I say doctor, don't you think it would be a good idea if I were to pack and go to some place where the climate is warmer?"

Doctor: "Good heavens! Isn't that just what I've been trying to prevent?"

* * *

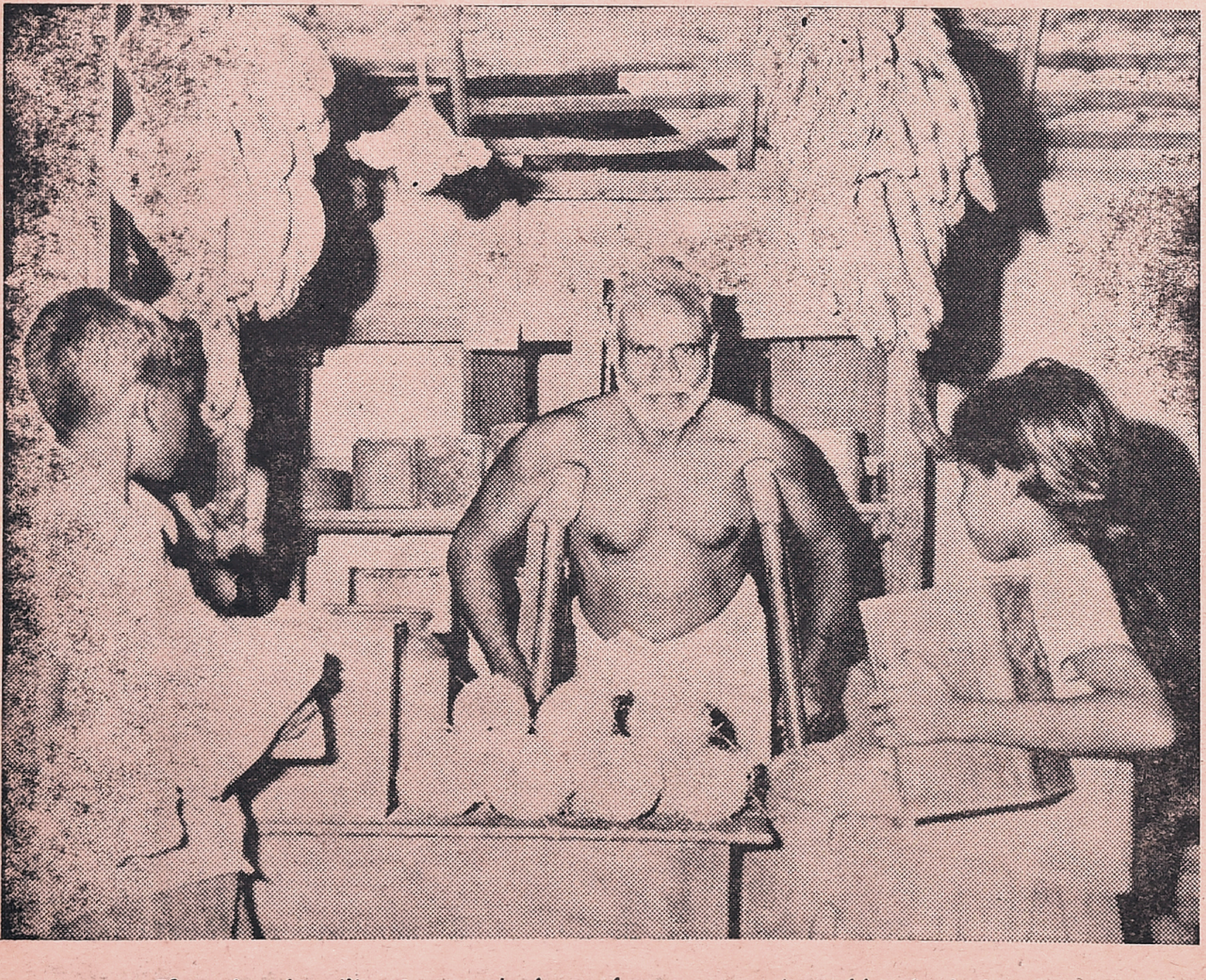
THE EXPLANATION

"Get away from here, or I'll call my husband," threatened the hardfaced woman who had refused the tramp some food.

"Oh, no, you won't," replied the tramp, because he ain't home."

"How do you know?" asked the woman.

"Because," answered the man, as he sidled towards the gate "a man who marries a woman like you is only home at meal times."



If one has the will and enterprise he need not worry about his physical handicap. He can still lead a happy life. This was precisely what Abdullah of Kerala proves. Abdullah lost both his legs in an accident some time back. Though he was in difficulties he did not lose heart. He decided to open a small provision shop. He approached the branch of Canara Bank in Alwaye for assistance The Canara Bank willingly came forward to financially help him open the shop. Now Abdullah is having good business and a happy life, thanks to the timely help of Canara Bank.

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COMPOUNDED ASAFOETIDA
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BOMBAY

For The Week 12th December To 18th December 1976

MESHA (ARIES)
Aswini Bharani
Krittika 1/4

YOU are coming out of the difficult period. You should be patient for some more time. The efforts you are making will start paying in a months time. You should be prepared to take up new responsibilities in the near future. You may be undertaking a journey shortly. Avoid friction with associates. Favourable days 13th & 14th.

★

VRISHABA (TAURUS)
Krittika 3/4 Rohini
Mrigashirsha 1/2

YOU have to wait for some more time to implement your Plans. Legal matters should be handled properly to avoid complications. You will be undertaking short journeys frequently. Avoid speculative investments. Property matters should be handled properly to avoid complications. Health will improve. You can expect cooperation from family members. Matters relating to children requires attention. Favourable days 15th & 16th.

★

MITHUNA (GEMINI)
Mrigashirsha 1/2 Arudra
Punarvasu 3/4

MIXED results are indicated. Avoid friction with family members. Financial position will not be satisfactory. But speculative gains are indicated. Promotional possibilities are bright. Partnership matters could be finalised. Health requires attention. Avoid friction with associates. Favourable days 17th & 18th.

★

KATAKA (CANCER)
Punarvasu 1/4 Pushya
Ashlesha

YOU should wait for some more time to implement your programme New ventures should be avoided. And also avoid friction with superiors. Health requires attention. Financial position will improve. But avoid speculative investments. Avoid journeys unless necessary. Change of place is indicated in the near future. Matters relating to children should be handled properly to avoid complications. Favourable days 13th & 14th.

★

SIMHA (LEO)
Maka Purva Palguni
Uttara Palguni 1/4

MIXED results are indicated. Promotional possibilities are bright. Financial position will improve. Speculative gains are also indicated. Property matters should be handled properly to avoid complications. Health requires attention. You will be undertaking short journeys frequently. Family members will be cooperative. Matters relating to children could be finalised. Favourable days 15th & 16th.

★

KANYA (VIRGO)
Uttara Palguni 3/4 Hastha
Chitra 1/2

MILDLY favourable period. Financial position will improve. Speculative gains are also indicated. Property matters could be finalised. Health requires attention. Legal matters should be handled properly to avoid complications. Problems are indicated relating to transport and communications. Avoid journeys unless necessary. Favourable days 17th & 18th.

★

THULA (LIBRA)
Chitra 1/2 Swathi
Visakha 3/4

MIXED results are indicated. Family matters should be handled properly to avoid complications. Financial position will not be satisfactory. Partnership matters could be finalised. Health requires attention. Some of the problems relating to business could be settled favourably. You should also try to start new ventures. Matters relating to children could be finalised. Favourable days 15th & 16th.

★

VRISCHIKA (SCORPIO)
Vishakha 1/4 Anuradha
Jyeshtha

FAVOURABLE period to implement your programme. Financial position will improve. But avoid speculative investments. The efforts you were making for the last two months will start paying now. You should also try to start new ventures. Matters relating to children should be handled properly to avoid complications. Property matters could be finalised. Avoid journeys unless necessary. Favourable days 13th & 14th.

★

DHANUS (SAGITTARIUS)
Mula Purva Ashadha
Uttara Ashadha 1/4

MILDLY favourable period. Financial position will improve. You should start planning now to improve your business prospects. Promotional possibilities are bright. Financial position will not be satisfactory. But speculative gains are indicated. Matters relating to children could be finalised. You will be undertaking a journey shortly. Avoid legal complications. Favourable days 15th & 16th.

★

MAKARA (CAPRICORNUS)
Uttara Ashadha 3/4
Shravana Dhanistha 1/2

MIXED results are indicated. Property matters could be finalised. Health will show signs of improvement. Financial position will improve. But speculative investments should be avoided. Promotional possibilities are bright. You should start preparing now, if you are planning to start new ventures. Your efforts will start paying in a months' time. Avoid journeys unless necessary. Favourable days 17th & 18th.

★

KUMBHA (AQUARIUS)
Dhanishta 1/2 Sathabhishag
Purva Badrapada 3/4

MIXED results are indicated Financial position will improve. Speculative gains are also indicated. Family matters should be handled properly to avoid complications. Matters relating to children requires attention. Promotional possibilities are bright. Change of place is indicated. You may be undertaking short journeys frequently. Partnership matters could be finalised. You should be prepared for unexpected developments on 13th & 14th.

★

MEENA (PISCES)
Purva Badrapada 1/4
Uttara Badrapada Revati

MILDLY favourable period. Family members will be cooperative. Financial position will improve. Promotion possibilities are bright. You should try to utilise this opportunity to improve your prospects. Avoid speculative investments. Matters relating to children requires attention. Legal matters should be handled properly to avoid complications. Avoid friction with associates. Avoid impulsive actions on 15th & 16th.

GLOSSARY

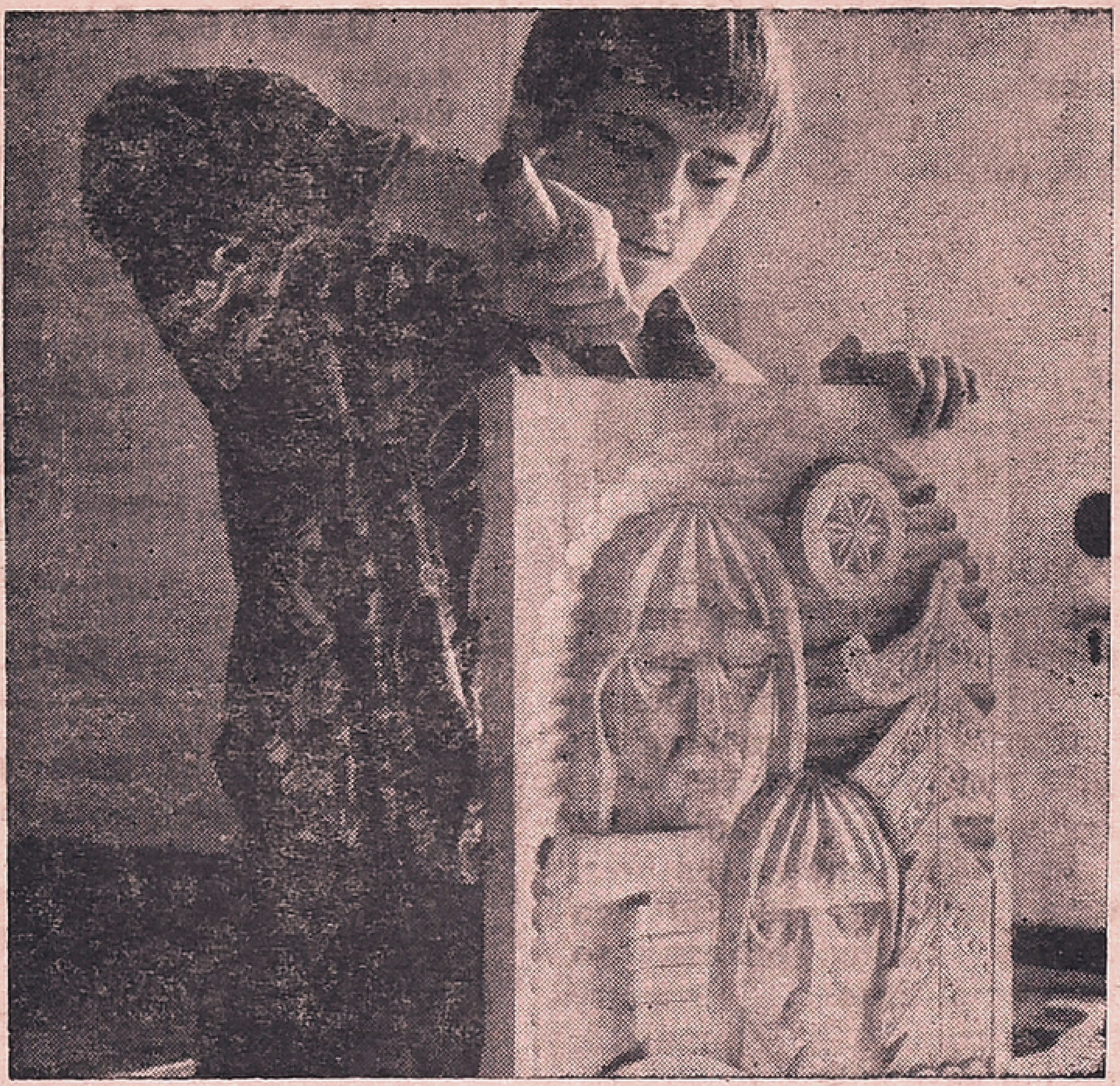
Arudra	—திருவாதிரை
Pushya	—பூசம்
Ashlesha	—ஆயில்யம்
Purva Phalguni	—பூரம்
Uttara Phalguni	—உத்திரம்
Anuradha	—அனுஷம்
Jyeshtha	—கேட்டை
Purva Ashada	—பூராடம்
Uttara Ashada	—உத்திராடம்
Shravana	—திருவோணம்
Dhanistha	—அவிட்டம்
Satha Bhishag	—சதயம்
Purva Bhadra-pada	—பூரட்டாதி
Uttara Bhadra-pada	—உத்திரட்டாதி

From page 3

hands are helpful to an agricultural family with regard to the family's economy. It should however be impressed on the mind of these people that in view of the modern policy and scientific amenities, more hands are not needed in the agricultural field. On the contrary, more hands will give rise to the problem of more feeding.

An analytical study of the history of development of countries throughout the world reveals that the attitudes toward values of life are changing fast. This is obvious in our country also starting from highly sophisticated city life to the rudimentary life in the villages. Our aim now is to lead a better life, to achieve better production in all fields, both agricultural and industrial The vast masses of our country have to be enlightened and made aware about the changes in our value-system. It is the duty of our worker to make them realise that uncontrolled growth in the rate of population is a great hindrance in achieving the goals of modern life.

Thus every individual of our country should be aware of the fact that a small family is a necessity primarly for betterment of one's family life and upliftment of a nation. Small family means father, mother and two children.



Here is a product of Vladsmir Yuryak's training course.

Schools Of Craftsmen

Pyotr Korpanyuk, a 15-year-old student of the applied arts school in Kosovo in the Western Ukraine, always knew what he was going to become. His great grandfathers, grandfather and father had all been famed wood-carvers. According to Galina Kiva, director of the school, Pyotr Korpanyuk had an inborn "sense for wood". When he takes the chisel in his hands, his special "sense" seems to tell him exactly what patterns will be the best for the formless piece of wood he is about to work on.

When the Government of Ukrainian SSR, one of the 15 consistuent republics of the USSR, established this school its main task was to further the dovelopment of folk crafts. Its curricula includes theory of composition, of drawing, painting and sculpture as well as genera subjects. At the senior courses students choose a form of applied art and study the technique of the folk craftsmen.

Since its inception, the school has graduated more than 700 craftsmen skilled in wood-carving, weaving and embroidery, ceramics, leather dressing and metal-chasing. Many of these graduates work in the local factory whose products are purchased by more than 20 countries. The school is proud of its graduates who are well-known masters in their trade.

Galina Kiva, the director of the school, who is also a product of this institute, specialises in weaving and embroidery. Recently, there was an exhibition of her works which included colourful woven panels, tapestries, tablecloth and bedcovers. But Galina Kiva is at her best when making the famous Ukrainian RYSHNIKI (embroidered towels). Her choice of colours and delicacy of design are amazing.

"Embroidery is my chosen field," she said. "The custom of decorating clothes with embroidery has come to us from ancient times. A white embroidered shirt was considered at that time as symbol of success, happiness and nobility. The peasants would wear embroidered shirts when they went harvesting and the women when they cut down the flax. If a girl gave a young man a shirt embroidered with her own hands it really meant that she accepted him as her suitor."

Beauty brings happiness to people. The school teaches students to appreciate beauty and to create works of arts with their own hands.

Muscovite's Diary

IVAN IVANOV

INDIAN AWARDS TO SOVIET WOMEN

The world's first woman-cosmonaut Valentina Nikolayeva-Tereshkova, speaking at a function in Moscow stressed that the Soviet and Indian women's joint contribution to the observance of International Women's Year demonstrated their greater role in today's world and their desire to carry out active struggle for ensuring peace and security of peoples, extending cooperation and ensuring social progress.

She was speaking at a function got up by the Indian Embassy in Moscow for the presentation of the awards of the Indian National Committee for the Observance of International Women's Year, to Valentina Nikolayeva-Tereshkova, President of the Soviet Women's Committee and Nina Popova, Member of the Committee's Presidium, who, for many years, headed the Union of Soviet societies for Friendship and Cultural Relations with Foreign Countries.

This ceremony coincided with the birthday anniversary of India's Prime Minister Mrs. Indira Gandhi.

The meeting was inaugurated by Mr. I.K. Gujral, Indian Ambassador to the Soviet Union. Soviet Minister Mr. N.V. Goldin, President of the Soviet-Indian Friendship Society, said that these honours signified the recognition of the role played by Tereshkova and Popova in improving the welfare and asserting the rights fo women all over the world and in the further strengthening of friendship between the Soviet Union and India. He added that the presentation ceremony was especially significant and solemn due to the fact that it was held on the birthday anniversary of India's Prime Minister Mrs. Indira Gandhi, an outstanding daughter of India and a great friend of the Soviet Union.

Mr. I.K. Gujral, Indian Ambassdor to the Soviet Union, presenting the awards said that the recipients were making invaluable contribution to the development and strengthening of friendly relations between all nations. He also pointed out that the fruitful activities of Nikolayeva-Tereshkova and Popova were the result of the opportunities given to them by Socialist society.

In her reply, Nina Popova expressed cordial gratitude for the high award and added that women throughout the world could be proud of the fact that one of them had for more than 10 years now been Prime Minister of a great Asian Power and had been showing state wisdom and vision in that capacity.

Bilibin's illustration for Russian folk tales.

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corporate into the educational process a defined minimum body of vital knowledge on health, touching vital ares such as nutritional needs with emphasis on vulnerable groups and how to meet them with local resources, about common communicable diseases and ways of prevention including the scientific basis of immunisation, sanitary environments as fundamental to healthful living, physiological needs during pregnancy and lactation basics of the monitoring of growth and development, the blessings of a small family and so on. Education in short, should facilitate a general health awareness, so that the layman knows what his body needs and what it does not for healthful living. It looks a perversenrony that our obsessive preoccupation with modernising education and its content has limited itself to the intusion of violently sensational scientific achievements of often no practical application to the art of living (astrophysics to genetic engineering), while we criminally kept the learner ignorance as to howhis prized eyesight or power of hearing may be so easily lost or so simply saved.

INFUSE HEALTH AWARENESS

In addition to the gradual change in health awareness through formal education suggested above, which takes its own time, for immediate purposes the existing network of the health establishment and manpower should be maximally utilised to harbinger a health awareness among the people, a responsibility which none of the health team from the doctor to the peripheral-most worker can afford to ignore at the moment but is generally lost admist the multiplicity of responsibilities of the health functionaries whose sense of priority also seem to be at fault. Yet it is an undeniable fact that all their efforts will have no positive and permanent value unless they bring in this health awareness among the people they lookafter. The need, therefore, to give us as much practical as theoretical emphasis to health education on the delivery of health care can be hardly exaggerated.

The challenge of an 'effective health care for all' raises in many minds the imposing financial ourden which might break the back of our economy. Such an apprehension, quite obviously stems from the fact that health care is mistaken for an interminable array of sophisticated, often imported and crushingly expensive gadgets as constituting the core of institutionalised care.

WITHIN MEANS

What we want today, is the assurance that the built-in potential for health within the community is neither slighted nor neglected. What we want, again, is judicious investment, based on a realistic sense of priorities on the very basic health amenities in life such as safe drinking water healthful living and working environment. Provision for constant and sensitive monitoring of health needs of people in the various stages of their life (including physiological or occupational states.)

It has always perplexed many, to take an example, as to why in the villages of the country there cannot be adequate provision for the monitoring of growth of children which requires the simplest of equipment such as a weighing balance and growth Cards and a handful of education volunteers drawn from the Community, all are certainly well within our means.

This kind of reorientation of health efforts need not wait for the Caesarian section of ultra-modern know-how, as we have at our command all that we need in this regard. What we lack perhaps, is inspired initiative-an inspiration engendered by involved concern for the multitudes caught in the trammels of ignorance, poverty, deprivation and illness.

Telecommunication In T. Nadu & Pondicherry

★ The Tamil Nadu Telecommunication Circle is the third largest in the country among the States in respect of local telephone systems. It is serving Tamil Nadu and Pondicherry.

★ There are 499 local Telephone Exchanges with an equipped capacity of 95,763 lines and 81, 714 phone connections. The 500th Exchange is being opened this week at Somangalam, Chingleput District.

★ Out of 499 Exchanges, about 400 are situated in rural areas

★ Four hundred long distance public call offices are functioning now.

★ About 120 trunk exchanges will be opened in the coming months.

★ A Frontier Exchange for handling telephone calls to Sri Lanka has recently been commissioned at Madurai.

★ Seven of the District Headquarters are already having STD facilities with Madras. Out of the remaining eight, four are having 'No-Delay' service to Madras

★ Telegraph service is at present being offered through 33 Departmental Telegraph offices and about 1,700 combined offices in the rural areas.

★ Four Telex Exchanges are functioning at present with an installed capacity of 320 lines and 176 working connections.

★ A new Telegraph Engineering Division has been formed at Pondicherry to serve the people of Pondicherry.

CRICKET

India was on top throughout series

India will be encountering the England Cricket team with confidence gained from the 2–0 win over the New Zealenders.

India proved superior to New Zealand from the beginning of the three test series.

By winning the third test at Madras with a large margin of 216 runs, India snatched the handsome A. S. De Mello Trophy.

On the second day, first day being washed off by rains, New Zealand captain Glen Turner called it wrong again and the Indian skipper Bishen Singh Bedi rightly decided to bat.

India started its first innings disastrously losing two wickets for just 3 runs. G. R. Viswanath, who put a halt to Indian batting collapse, remained at the crease at the end of the day with a fine 82. At close India was 4 wickets down for 162 runs. Cairns was the successful Kiwi bowler who bagged 3 of the 4 wickets that fell. B. P. Patel was run out.

On the third day it was local hero S. Venkataraghavan who stole the show. He made a difiant 64, his highest in test cricket so far. S. M. H. Kirmani, who scored 44, gave Venkat good support at the other end. They added an invaluable 74 runs for the eighth wicket.

India were all out for 298 and New Zealand finished the day with 13 for no loss.

Fourth day play was cut short by the after effects of early morning rain. Play was possible only for two hours. In that period the Kiwis made satisfactory progress and reached a total 84 runs for 2 wickets.

On the penultimate day the Indian spinners Bedi and Chandrasekhar proved too good for the New Zealanders. They were all out for a small score of 140 runs. Burgess scored 40 and Captain Turner 37. Bedi bagged 5 for 48 and Chandrasekhar 3 for 2..

Batting for the second time in this test, India scored 201 for the loss of 5 wickets and declared its innings closed at the end of the day. The Indian batsmen scored freely. Gavaskar made 43 and Mohinder Amarnath 55. B. P. Patel, who remained not out, scored a breezy 40.

On the final day the Kiwis could not shake off the shakles of Indian spin and collapsed for 143 in the second knock, and thus lost the match as well as the series, minutes after tea.

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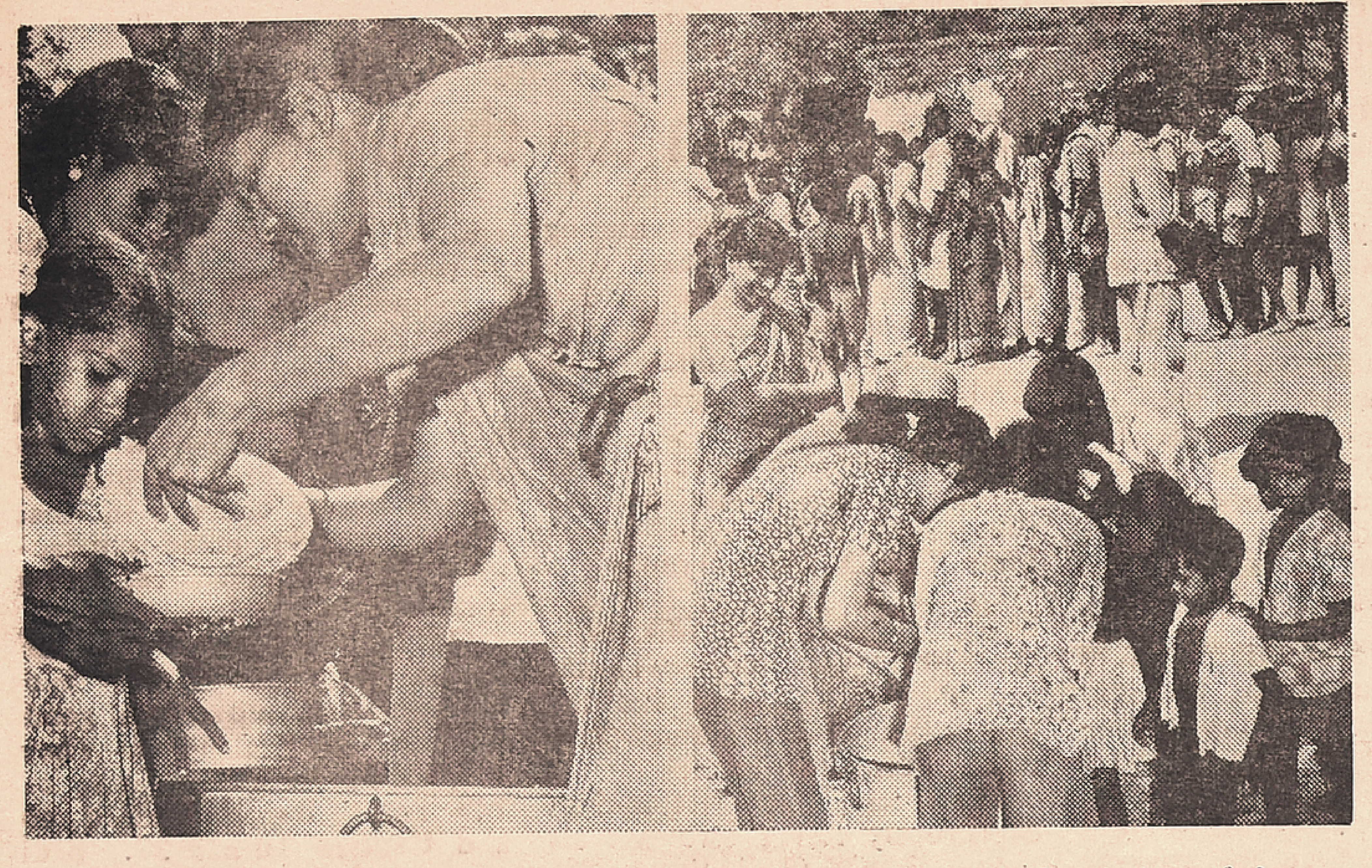
unusual spurt. Any subscriber can obtain the fortnightly readings on his meter by writing to the Chief Accounts Officer, Madras Telephones, 108, Armenian Street, Madras-600 001. A nominal fee of Re. 1/- is charged for this service.

The subscriber who says that his telephone is not used for STD calls is obviously speaking the truth as he sees it, forgetting for a moment that there are others who have access to the telephone and could have used it for making STD calls.

It has been noticed from some of the complaints received by us that some subscribers have doubts whether we make any serious investigations of their "likely excess metering complaints". Some subscribers have also taken exception to our sending printed replies. I hasten to add a few lines by way of clarification with the fond hope that this may help clear doubts and misapprehensions. As soon as the complaint is received, the fortnightly meter readings of that telephone recorded in the Telephone Exchange is called for. This is examined to see whether there has been any abnormal spurt in the readings indicating any unusual or faulty condition. The telephone exchange concerned is also directed to test the meter and report. The complaints booked on the concerned telephone during the period of the disputed bill are also checked to see whether there had been any fault during that period which could be a likely cause for the meter recording incorrectly. All these points are gone through in detail before arriving at a decision as to whether the subscriber is to be given a rebate or not. As these replies fall in a few well defined categories, standardised printed formats are used to convey the different replies. This is only to avoid clerical work and not because we reject all complaints as baseless.

We have announced that those who do not want to have STD facility can apply for having it barred on payment of Rs. 50/- We get many a objection to our charging this amount for STD barring. STD facility is inbuilt in the system and barring this requires additional equipment. It is common commercial practice to charge the customer for using an equipment that has to be specifically provided for him.

In conclusion, STD in our opinion, is an unavoidable step towards progress. It is likely that it has a few grey areas which might contribute to suspicion in the minds of subscribers and make them feel that they are being charged for something which is not due. It will be the endeavour of the Department to reduce this grey area to as much extent as possible to see that the STD service is used fully and confidently.



Picture shows the students of W. C. C. distributing food to the victims of the recent floods.—Photo A. Arumugam.

EVES EASE SUFFRING

The sufferings of the afflicted in the recent floods defy description, and no act of compassion or charity was too small to be ignored. Among those who went about this humanitarian work without fanfare or publicity were the staff and students of the Women's Christian College.

At Greames Lane, K. K. Nagar and Mackay's Garden, these selfless volunteers brought solace and cheer to the homeless and hungry. Food and clothes were distributed, and timely advice in hygeine and the prevention of epidemics which could break out easily were disseminated with that gentle touch that only a woman possesses.

This is not the first time that the staff and students of the WCC have come forward to help their kindered brethren. Every disaster or calamity in the City finds them doing their mite in their own silent way—a humane achievement which deserves commendation.

While expressing their gratitude to all those who helped them in their labours, Miss Jean Michael of the Home Science Department was all praise for the services of the local Inspector of Police, Mr. Leela Krishnan' and his staff, who set an example in courage and service by wading in waist-deep water in places to rescue the stranded hutment dwellers.

—VRINDA

★

Sivaji Ganesan giving the certificate to Sundarajan, the first donor of blood, at the blood donation camp organised by District Youth Congress last month.
—Photo A. Arumugam

★

The energy of youngsters were spent in unwanted strikes, demonstrations and processions in the recent past. Now-a-days their energy is being used for constructive developmental work. Students, numbering 60, belonging to Sri Avinasilingam Home Science College and Santhalingam Tamil College of Coimbatore recently visited the Papanaicken Puthur Village and educated the inhabitants of the need to have a neat and healthy surrounding. Picture shows the students at work cleaning an area in the village.

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